

Behavioral Health and Pediatric Primary Care (TiPS) Conference
April 9, 2021 – 8:00 AM to 4:30 PM

Presenter Bio

Abigail Schlesinger, MD

Medical Director, TiPS
Clinical Director, Behavioral Science Division
UPMC Children's Hospital of Pittsburgh
Medical Director, Ambulatory Integrated Behavioral Healthcare
Associate Professor
UPMC Western Psychiatric Hospital
Pittsburgh, PA

Dr. Abigail Schlesinger is a child and adolescent psychiatrist with an interest in increasing access to quality behavioral health and developmental services for children and families. She was instrumental in the development of the Children's Community Pediatrics Behavioral Health (CCPBH), a service that embeds therapist and psychiatrist in pediatric primary care. CCCBH has won local, state, and national awards for efficiently improving access to care.

Dr. Schlesinger has also been recognized for her own clinical and academic expertise as Physician of the Year at Western Psychiatric Institute and Clinic (WPIC) in 2013. She also formerly served as the training director of the Child and Adolescent Psychiatry and Triple Board Programs at the University of Pittsburgh Medical Center (Children's Hospital of Pittsburgh and Western Psychiatric Institute and Clinic). She is currently leading the integration of developmental, behavioral, and community resources for Children's Hospital of Pittsburgh, and has been appointed as the Medical Director for TiPS (Children's Telephonic Psychiatric Consultation Service), and Medical Director of Ambulatory Integrated Behavioral Health for WPIC.

Colleen D. Gianneski, LCSW

Program Director
TiPS (Telephonic Psychiatric Consultation Service),
Child and Family Counseling Center (CFCC) and SMART Choices Program
Children's Community Pediatrics Behavioral Health Services (CCP)
Children's Hospital of Pittsburgh of UPMC

Colleen D. Gianneski LCSW completed her master's degree from the University of Pittsburgh's School of Social Work in 2000 with a specialization in direct practice and a certificate in child welfare. Colleen has been trained in several evidenced based interventions, including Cognitive Behavioral Therapy (CBT), Alternatives for Families: A Cognitive Behavioral Therapy (AF-CBT), Family Group Decision Making, Parent-Child Interaction Therapy (PCIT), the Pelham Summer Treatment Program for ADHD and Trauma-Focused CBT (TF-CBT). Colleen joined Children's Community Pediatrics Behavioral Health Services in 2012 and is currently the Program Director for the Children's TiPS Program, the Child and Family Counseling Center, and the SMART Choices Program. Prior to working at CHP and CCP she worked at Western Psychiatric Institute and Clinic, Transitional Living Inc., and Family Services of Butler Health System.

Name and Narrative Description of your Presentation.

Brief Behavioral Health Interventions for Primary Care Providers

Description of presentation:

This presentation will introduce providers to the Common Factors Approach (HELP); explore common chief complaints in pediatric primary care that may be related to an underlying behavioral health condition; and identify a skill that is based on behavioral theory that addresses a chief complaint.

Three (3) learning objectives

By the completion of this session, participants should be able to:

1. Describe a strategy to approach behavioral health concerns within a pediatric primary care visit
2. Describe at least one non-pharmacologic behavioral health intervention that can be used in primary care.

3. Practice at least one non-pharmacologic behavioral health intervention that can be used in primary care for common chief complaint that may be related to a behavioral health condition.

Three (3) current (within the past 10 years) *peer-reviewed* publications that support the evidence base for the content of your presentation

1. Zuckerbrot RA, Cheung A, Jensen PS, Stein REK, Laraque D; GLAD-PC STEERING GROUP. Guidelines for Adolescent Depression in Primary Care (GLAD-PC): Part I. Practice Preparation, Identification, Assessment, and Initial Management. *Pediatrics*. 2018 Mar;141(3):e20174081. doi: 10.1542/peds.2017-4081. PMID: 29483200.
2. Cheung AH, Zuckerbrot RA, Jensen PS, Laraque D, Stein REK; GLAD-PC STEERING GROUP. Guidelines for Adolescent Depression in Primary Care (GLAD-PC): Part II. Treatment and Ongoing Management. *Pediatrics*. 2018 Mar;141(3):e20174082. doi: 10.1542/peds.2017-4082. PMID: 29483201.
3. Wisow LS, Gadomski A, Roter D, et al. Improving child and parent mental health in primary care: a cluster-randomized trial of communication skills training. *Pediatrics*. 2008;121(2):266–275